

VIRGINIA AA, DISTRICT 8, HAMPTON

July 2026

DISTRICT MEETING: 2ND TUESDAY EVERY MONTH

6:30 PM @ St Mark's United Methodist Church

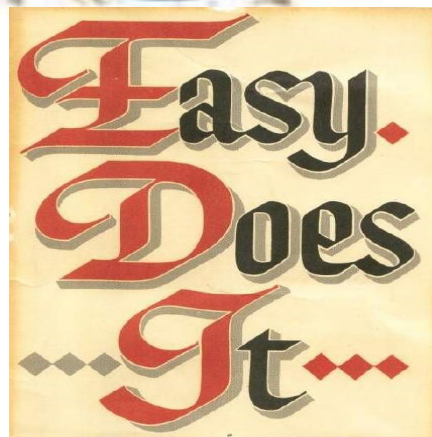


Step 7: ***“Humbly asked Him to remove our shortcomings.”***

My thoughts on the 7th Step

The notion that I possessed defects of character and shortcomings, as described in the 6th and 7th step, was not my primary concern during my early sobriety. Thanks to my sponsor, I had completed as thorough of a 4th and 5th step as I possibly could. I had some idea of the role that self-centeredness and fear had played in the my alcoholism. My sponsor made certain of this. Completing step 6 with, my sponsor, helped me make a connection between these defects of character in my inability stop drinking and stay stopped. My sponsor helped me understand the true meaning of **humility** as we discussed the 7th step. At the time I would have never guessed how central a role the 7th step and humility would play in my continued sobriety.

I only saw humility from the prospective of being humble. Basically the opposite of pride or arrogance. My sponsor helped me understand the words in the 12 and 12: “That the basic ingredient of all humility, a desire to **seek** and **do** God’s will....” Seek and do are action words. My sponsor was telling me that humility wasn’t a passive negative consequence of my self-centeredness, but required me to take action based on what my higher power wanted. In early sobriety my mind was not always clear on what this exactly was. Step 7 requires me to ask God to remove my short comings (self-centeredness and fear) so that God’s will can become clear and separated from my will. The greatest problem that I faced in early sobriety was some times I confused my will with God’s will. I needed frequent feedback from sponsor to help me get to the bottom of my true motives. By this time in early sobriety God had removed my daily obsession with alcohol so I began to be hopeful that if this were possible than (continue)



A.A. PREAMBLE

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

The only requirement for membership is a desire to stop drinking. There are no dues or fees for A.A. membership; we are self-supporting through our own contributions. A.A. is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy, neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.

Copyright © The AA Grapevine, Inc.
Reprinted with permission

God could help me manage my greatest defects of character. I began to imagine a world where my fear and self-centeredness would no longer prevent me from having a productive and meaningful life. Today, the greatest peace and contentment comes from sacrifice and service to the people that I love and care about. The steps have helped me recognize that I have to work for this peace and contentment. Unfortunately I don't always default to the self sacrifice that is required for the peace and serenity. I need daily reminders that I am not the center of the universe. My sponsor taught me a simple strategy to use to as a daily reminder: have a conversation with God and never be afraid to ask for guidance from people who have gone through this process. Understanding true humility almost always leads to more action in the service of others.

WISHING IT, DOES NOT MAKE IT SO: STEP SEVEN INTO ACTION

Taking action means work. I know, most of us are averse to the word "work," but the kind of work I'm talking about here has nothing to do with punching in a time card and suffering through 8 hours. Our work on the steps of AA's Alcoholics Anonymous program simply means using our energy to be disciplined and committed in the pursuit of our goal of long-term sobriety and recovery. It takes work to stand up for ourselves, to be patient or to accept the emotional discomfort of new behaviors.

Catching ourselves in our shortcomings and changing our reaction takes work. The more familiar you become with your shortcomings the more you start to notice, "this feels familiar, I'd better stop and pay attention to this!" Whenever a reaction feels involuntary, it's probably something that needs changing. The great news is that when practicing humility in Step Seven you really gain a sense of your own humanity and the ability to have compassion for yourself and for others. We are all in this together, and we are all the same.

Putting Step Seven into action means, for example, when you consciously gather the courage to say "no" to the request of a friend who tries to guilt or shame you into saying "yes," you are actually working your program of recovery. When you set a boundary, pause when agitated, practice restraint of tongue and pen (this is a huge one for long-term peace), choosing not to interact with people, places and things that trigger you - you are working on Step Seven!

Getting Right-Sized: Step Seven Questions & Actions

Part of getting right-sized in Step Seven means making changes with the activity of our minds in addition to accepting and expressing our emotions. We learn to gradually bring the different parts of ourselves into a healthy balance as we practice new living skills. For some people a daily dose of prayer, meditation, and affirmations is very useful.

UPCOMING EVENTS

MARK YOUR CALENDARS

ANNOUNCEMENTS

- ◆ Serenity in All Phases—Roanoke Women’s Workshop—July 31– Aug 2—



- ◆ 2026 VAC Convention—Rocketed into the 4th Dimension—Aug 14– Aug 16—Richmond, VA

Seventh Step Prayer

MY CREATOR, I AM NOW WILLING
THAT YOU SHOULD HAVE
ALL OF ME, GOOD AND BAD.
I PRAY THAT YOU NOW REMOVE
FROM ME EVERY SINGLE DEFECT
OF CHARACTER WHICH STANDS IN
THE WAY OF MY USEFULNESS TO
YOU AND MY FELLOWS. GRANT ME
STRENGTH, AS I GO OUT FROM
HERE, TO DO YOUR BIDDING.
AMEN.

CONTACT INFORMATION

Peninsula Answering Service: 757-595-1212

District 8 Website: aahamptonva.org

District 12 Website: aane Newportnewsva.org



NOT A GLUM LOT

Name: _____

Created with TheTeachersCorner.net Word Search Maker

Step 7 Word Search

V G M M C W H U M I L I T Y D Y G Y S A
N H W R W H B Y F R R V O M U Y X H A G
U A Q Z S M A U X K G U P L N W L Z X Z
T K M S X H A R R D N X H H I V J U R P
V W C G A C O I A L W F G L D T Q S I T
S Z N N P R A R C C R K L K I L S E U U
U V K S F H U N T W T I N P K P F F C K
R H X T I O T L H C N E O M W Y Y U R C
R A J C W N I Q H G O X R A H R Y L E A
E V N E C R V Y N T P M Q W L O D N A U
N V L F N W T E R J G F I W W X P E T A
D X H E P E S I N E U N Z N K X G S O U
E S C D I S L J Q T P G E D G O V S R V
R G O R Q U B V Q F O D A R E S H V E Y
J C B A W K R P R Q O R S J T W G F M F
X O X P X J S E O E Q O Y L S S T S D C
S A E I F H S B F G M O T P H G W C Z T
S Y A O H C X T P L X O T B L T O B S R
D E J A L W G K P G Z V V W U Z F M N L
N U M L F D F F M G H S T E Z T W X T P

HUMILITY
CHARACTER
CREATOR
SOBRIETY

WILLINGNESS
DEFECTS
USEFULNESS
SURRENDER

REMOVE
INVENTORY
STRENGTH
SHORTCOMINGS